

## REGULATIONS FOR BASEBALL PITCHER INSTRUCTION

Baseball conditioning for pitchers may be conducted for five (5) days during the week prior to the first date for baseball practice (Sun to Sat). There must be a day of rest for at least one calendar day before the season begins. This activity is considered out-of-season and voluntary.

1. Only one session per day per athlete permitted—the maximum length of the session is two hours per individual.
2. The program can be conducted indoors or out depending on the weather.
3. The conditioning program is limited to pitchers and catchers in grades 9 through 12.
4. Balls, gloves and catcher's protective equipment are the only equipment permitted. Portable pitching mounds are permitted. (Bats, batting tees, fungos, batting cages, pitching machines, etc., are strictly prohibited.)
5. The program may consist only of warm-ups, stretching, calisthenics, weight training, running, other conditioning exercises and throwing. Throwing is permitted only because it is an important aspect of conditioning the arm.
6. A coach must be present at all conditioning sessions.
7. Safety Precautions – Catchers should wear full equipment. Do not use anyone to assume a batter's position while pitchers are throwing, since although pitching control may be an outcome of the program, it is not a program objective.

NOTE: It is a violation of WIAA rules to allow work on fielding, covering bases, pick-offs or any other related fundamental, and therefore, these types of drills are strictly prohibited. In addition, it should not be used as a tryout, and team cuts are not permitted.